

## Trauma and Addiction Resource Center: Books, Pamphlets and Videotapes

**Funded by:**

**The New York State Practice Improvement Collaborative**

**[Center on Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration]**

Mini-Grant Pilot Study on Trauma and Addiction to the  
Western New York Practice Resource Network (WNYPRN)

*Principal Investigator: Nancy J. Smyth, Ph.D.*

*University at Buffalo*

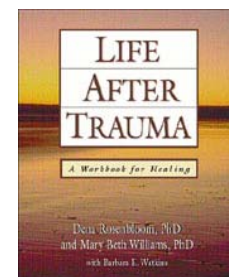
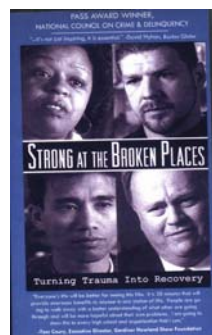
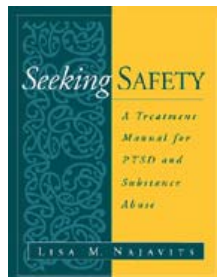
Housed at:

Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA)

716-831-2298 [www.eccpasa.info](http://www.eccpasa.info)

and the Mental Health Association of Erie County (MHAEC)

716-886-1242 [www.eriemha.org](http://www.eriemha.org)



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More information on the *Trauma and Addiction Resource Center Pilot Grant* can be found at [www.socialwork.buffalo.edu/fas/smyth](http://www.socialwork.buffalo.edu/fas/smyth)

Research consistently documents the high rates of psychological trauma among addicted clients. For example, several studies have identified that a majority of women entering addiction treatment facilities report high rates of childhood physical and sexual abuse as well as adult victimization (Clayson, Berkowitz, & Brindis, 1995, Miller, Downs, & Testa, 1993). For example, Miller et al. (1993) found that 66% of women in alcohol treatment reported a history of childhood sexual abuse compared with 35% of women in a general population sample. Differences in childhood physical abuse rates were similar to those for sexual abuse, with 65% of women in alcoholism treatment reporting severe physical abuse by their mothers and 56% severe physical abuse by fathers, compared with 51% by mothers and 35% by fathers among women from the general population (Miller et al., 1993). In addition, researchers have identified that addicted women have higher rates of partner violence (87% vs. 28%) than other women (Downs, Miller & Panek, 1993). These high rates of trauma are not limited to women. High rates of incest (Glover, Janikowski, & Benshoff, 1995) and childhood physical abuse (Triffleman, Marmar, Delucci, & Ronfeldt, 1995) have been reported in chemically dependent men. Failure to appropriately address the impact of clients' trauma histories has been cited as one factor that can contribute to clients' relapse (Evans & Sullivan, 1995).

These findings on trauma and substance abuse have also led researchers to conclude that trauma, especially childhood trauma, is an important risk factor for the development of chemical dependency (Cottler et al., 1992; Miller et al., 1993). For this reason, the assessment of trauma history and intervention also are important concerns confronting addiction prevention programs.

To assist practitioners in working with addicted trauma survivors, the Western New York Practice Research Network (WNYPRN), funded by the New York Practice Improvement Collaborative [Center on Substance Abuse Treatment] under the Mini-Grant Pilot Study on Trauma and Addiction (Principal Investigator: Nancy J. Smyth, Ph.D.) has compiled a library of print and video resources dealing with the issues and treatment of trauma and addiction in children and adults. These resources are housed at the Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA) and the Mental Health Association of Erie County (MHAEC). Practitioners working at any of the WNYPRN counties (Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, and Wyoming) who are interested in borrowing any of these resources can contact these locations. ECCPASA can be reached at (716) 831-2298 and MHAEC can be reached at (716) 886-1242.

#### References

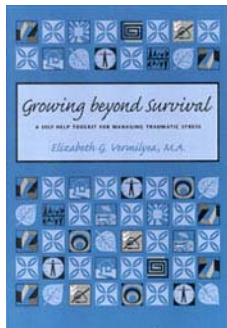
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- Miller, B. A., Downs, W. R., & Testa, M. (1993). Interrelationships between victimization experiences and women's alcohol use. *Journal of Studies on Alcohol Supplement 11*, 109-117

## **Books, Pamphlets & Assessment Tools**

### **Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress**

By Elizabeth Vermilyea

*Growing Beyond Survival* is a self-management workbook, which teaches skills that empower survivors to take control of and de-escalate their most distressing trauma related symptoms. Developed with input from survivor advocates in Maine, New York, and Maryland, and with the support of the Departments of Mental Health in the states of Maine and New York, this self-help toolkit is both comprehensive and flexible.



This versatile workbook can be used as an independent self-help program, in the context of individual therapy, or in a group setting. It teaches trauma survivors to recognize, contextualize, and understand distressing dissociative and posttraumatic reactions. It also creates a structure in which to learn and practice skills for self-regulation of the troublesome thoughts, feelings, and impulses related to traumatic experiences.

Rather than simply offering "band aid"-type crisis intervention, this self-paced program empowers survivors with an understanding of where the symptoms come from and why. By learning a variety of interventions, skills, and techniques, survivors are able to select and make use of different "tools" for different self-regulation purposes.

#### *Who Will Benefit from Growing Beyond Survival?*

- Survivors of recent or past traumatic events
- Victims of natural disasters, accidents, or interpersonal violence
- Adults who were abused as children
- Mental health personnel who work with trauma survivors
- Psychoeducation group facilitators

By using the tools in this workbook, survivors who suffer from trauma-related symptoms (including poor concentration, sleep disturbances, panic attacks, nightmares, flashbacks, and other physical responses) may be able to find relief. The book also examines the relation between trauma and self-harming behaviors, difficulties with sexuality, and substance abuse.

*Growing Beyond Survival* was developed in part and extensively field tested at Trauma Disorders Programs at Sheppard Pratt Hospital in Baltimore. The author, Elizabeth Vermilyea, led symptom management groups at Sheppard Pratt for several years. She is currently a full-time trainer with the Sidran Traumatic Stress Foundation on topics related to traumatic stress conditions.

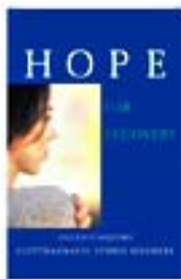
#### *Contents*

- Identification of Symptoms/Adaptations
- Introduction to Basic Interventions

- The Concept of Self-Regulation
  - The Toolbox
  - Grounding
  - Imagery
  - Journal Writing
  - Safety
  - Relaxation
  - Sleep Strategies
  - What Does It All Mean?
  - Internal Awareness
  - Boundaries
  - Shame
  - Anger
  - Putting It All Together: Self-Regulation of:
  - Thoughts
  - Feelings
  - Impulses
  - Sensory Experiences
- Sidran Press, 2000. Paperback, 208 pages.*
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## **Hope for Recovery**

PTSD Alliance



In clear and sympathetic language, *Hope for Recovery* seeks to dispel the myths about PTSD that keep many people from recognizing the problem and obtaining help.

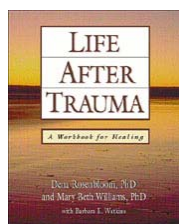
The booklet and the accompanying video (see video section) address risk factors for PTSD and its symptoms and provides information on treatment options and how family and friends of someone with PTSD can provide support and help in the recovery process.

*PTSD Alliance, 2000. Booklet, 10 pages.*

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## **Life After Trauma: A Workbook for Healing**

By Dena Rosenbloom and Mary Beth Williams with Barbara E. Watkins



This workbook helps guide trauma survivors in the day-to-day process of healing. It explains why trauma can be so devastating and debilitating for some, and how reevaluating the experience works as a key part of the recovery. Through clinically proven activities, relaxation techniques, self-evaluation questionnaires, examples, and practical exercises, the authors show how to develop effective coping and self-care strategies.

The first part of the book explains how to use the book and when to set it aside. The authors go on to explain what trauma is, what common reactions to it are, and how

people are likely to cope with it. They then guide readers through a stage of thinking about the traumatic experience and their reactions to it. Chapters are devoted to issues such as safety, trust, regaining control of your life, self-esteem, and intimacy. Finally, the authors offer suggestions for long-term healing.

Appendices include a list of recommended readings and other resources and guidelines for finding a therapist. Overall, this is a highly useful book for anyone who has experienced any kind of trauma, including sexual abuse, crime, and natural disasters.

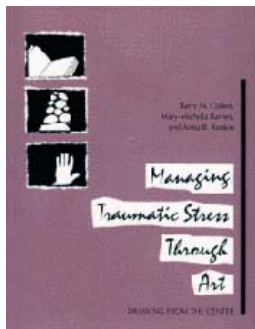
*Guilford Publications, 1999. Paperback, 352 pages.*

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### **Managing Traumatic Stress Through Art: Drawing From the Center**

By Barry M. Cohen, M.A., A.T.R., Mary-Michola Barnes, M.A., A.T.R., and Anita B. Rankin, M.A.

Foreword by Joan A. Turkus, M.D.



This workbook is a valuable, practical, and above all *useful* contribution to the abuse recovery field. Through a series of artwork exercises, survivors of trauma are offered an opportunity to enhance present-day mastery in a grounded, creative, and gentle way. The more I read, the more excited I got about being able to recommend this fine workbook to clients and workshop participants.

-Nancy J. Napier, M.F.C.C., author of *Recreating Your Self: Help for Adult Children of Dysfunctional Families* and *Getting Through The Day: Help for Adults Hurt as Children*

Three art therapists have collaborated to produce this unique workbook. Designed especially for trauma survivors, *Managing Traumatic Stress Through Art* introduces inventive ways to understand, manage, and transform the aftereffects of trauma. This dynamic workbook consists of carefully structured step-by-step art projects, augmented by tearout images, and writing experiences.

The book's first section, Developing Basic Tools For Managing Stress, is devoted to establishing a safe framework for trauma resolution. The second section, Acknowledging and Regulating Your Emotions, helps the trauma survivor to make sense of overwhelming emotional experiences. The final section, Being and Functioning in the World, focuses on self and relational development, leading into the future.

*Managing Traumatic Stress Through Art* will inspire survivors to explore the aftermath of traumatic stress as it affects self-image, relationships with others, and functioning in the world. The 26 projects in this book encourage creative growth and help to establish a sense of personal safety, while exploring and honoring feelings of anger, fear, shame, and sadness. The art experiences are broad enough to be of value to survivors of a wide variety of traumatic experiences, ranging from childhood abuse to accidents to disabling mental illness.



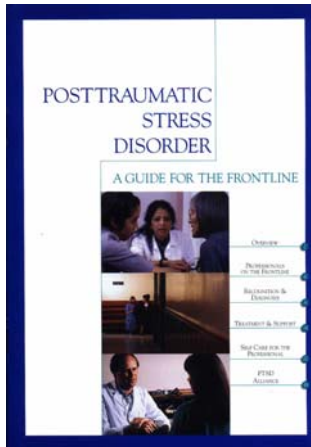
This workbook offers an opportunity to everyone, regardless of previous experience or artistic talent, to manage symptoms of traumatic stress in a creative, life-affirming way.

*Sidran Press, 1996. Paperback, 140 pages.*

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## **Posttraumatic Stress Disorder: A Guide for the Frontline**

PTSD Alliance



This guide was developed as a primer for “frontline” professionals who interact every day with trauma survivors and people suffering from PTSD. It addresses a spectrum of issues related to causes, recognition and treatment of PTSD:

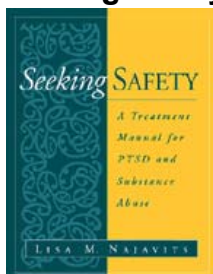
- For primary care clinicians, who treat patients suffering physiological, psychological and other symptoms for which past trauma may be the underlying cause, this guide may provide new perspective on recognizing and treating PTSD.
- For professionals who respond to or provide relief in traumatic situations, or counsel crisis or trauma victims, this guide may serve as a quick reference for you, your colleagues or your staff in recognizing the signs and providing guidance to those at risk.
- For those who specialize in treating PTSD patients, this guide may be an appropriate resource that you can share with your colleagues or other non-mental health professionals with whom you may interact when helping those with PTSD or others at risk.

*PTSD Alliance, 2000. Booklet, 19 pages.*

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## **Seeking Safety: A Treatment Manual for PTSD and Substance Abuse**

Lisa M. Najavits



This much-needed manual presents the first empirically studied, integrative treatment approach developed specifically for PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 25 topics, each of which forms the basis for one or more sessions. Covering a range of cognitive, behavioral, and interpersonal issues, topics include highly practical tools and techniques to engage patients in treatment; teach "safe coping skills" that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, sessions can be conducted in any order and in a range of

settings. The volume is designed for maximum ease of use with a large format, lay-flat binding, and helpful reproducible therapist sheets and handouts.

Note about photocopy rights: The Publisher grants to individual purchasers of this book non-assignable permission to reproduce the therapist sheets and handouts for clinical use. For details and limitations, see copyright page.

## Table of Contents

- 1. Overview
- 2. Conducting the Treatment
  - Treatment Topics
  - Introduction to Treatment/Case Management Safety
  - PTSD: Taking Back Your Power
  - Detaching from Emotional Pain (Grounding)
  - When Substances Control You
  - Asking for Help
  - Taking Good Care of Yourself
  - Compassion
  - Red and Green Flags
  - Honesty
  - Recovery
  - Thinking
  - Integrating the Split Self
  - Commitment
  - Creating Meaning
  - Community Resources
  - Setting Boundaries in Relationships
  - Discovery
  - Getting Others to Support Your Recovery
  - Coping with Triggers
  - Respecting Your Time
  - Healthy Relationships
  - Self-Nurturing
  - Healing from Anger
  - Life Choices Game (Review)
  - Termination

*Guilford Press, 2001. Paperback, 401 pages.*

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## **Psychological Trauma Assessment Package** **Bessel van der Kolk with computer scoring package**

The van der Kolk Trauma Assessment Package includes copies of the Traumatic Antecedents Questionnaire (TAQ), the Modified PTSD Scale and the Self Report for



Disorders of Extreme Stress (SIDES). The included CD-Rom includes scoring applications for each of these instruments with the ability to create separate files of instruments for each client. The scoring program (in Excel) will score the instrument(s) and to assist the practitioner in determining appropriate treatment. This CD-Rom program was created by Dr. Nancy J. Smyth and Steve Sturman at the University at Buffalo (UB) through a grant from the UB Educational Technology Center, and is based on the scoring provided with the van der Kolk Trauma Assessment Package

### **Dissociative Screening Scales**

Included are the Dissociative Event Scale (DES), the Adolescent DES, and the Child Dissociative Checklist to assist practitioners in measuring levels of dissociation in clients.

## **Videos**

### **Complex PTSD in Children**

**By Bessel van der Kolk, Joyanna Silberg and Frances Waters**

While this country spends billions of dollars a year in services to abused and neglected children, relatively little focus is devoted to helping children recover from the psychological damage they have suffered. The clinician's role in working with severely traumatized children includes working with parents or guardians as well as children, and can extend far beyond the therapy room to encompass psycho-education and advocacy. Therapists may need to work with the multiple systems involved in the child's life in order to establish the safety and stability needed before healing can occur.

#### *Tape I: Etiology, Assessment, Advocacy*

Before they can be treated, abused children need to be identified. The presenters describe the range of symptoms with which a traumatized child may present, and explain the ways in which a trauma assessment differs from a general mental health assessment. Topics include developmentally appropriate behavior, differential diagnoses, parental trauma history and the importance of early intervention.

#### *Tape II: Therapeutic Interventions*

For children with complex PTSD, safety needs to be established both externally and internally. Maintaining internal safety can be an especially difficult task when the child is highly dissociative. The presenters discuss grounding techniques that can help a child stay safe and stable, and describe the therapeutic modalities-play, talk, art, and group therapy-that they have found useful. Topics include controlling aggression, accessing emotions, changing the trauma story, and using EMDR.

Sidran Press, VHS Videotape, 41 minutes. \*\* One copy only, housed at ECCPASA

## **Counting the Cost: The Lasting Impact of Childhood Trauma**

Significant insights into the impact of childhood trauma emerged from the field trials on Post Traumatic Stress Disorder for the DSM-IV. This ground breaking study by a team headed by Bessel van der Kolk, MD, found that the effects of severe childhood trauma presented a much more complex clinical picture than the present PTSD definition. It identified six symptom clusters which consistently occurred together, and which were highly correlated with severe trauma that began early in life, was interpersonal in nature, and continued for a long time.

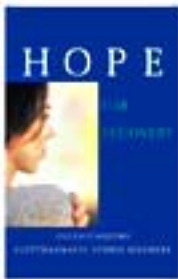
In this video, Dr. van der Kolk, along with clinicians David Calof, Diane Elliott, PhD, and Yvonne Dolan, MA, examines the wide range of symptoms for what the DSM-IV researchers have labeled Disorders of Extreme Stress. Four survivors of severe early trauma add poignant perspectives on its concrete and pervasive impact on their lives, and on their attempts to cope with those effects, to heal, and to find meaning in life.

This video will be helpful to therapists working with trauma survivors, as well as hospitals and mental health agencies, social services, women's shelters, and students in clinic training. It comes with a detailed program guide. It is also designed to help survivors, and their families and friends, understand the impact of early trauma on their current lives, and to suggest pathways to healing.

*Cavalcade Productions, VHS Videotape, 30 min.*

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## ***Hope for Recovery: Understanding Posttraumatic Stress Disorder***



In clear and sympathetic language, *Hope for Recovery* seeks to dispel the myths about PTSD that keep many people from recognizing the problem and obtaining help. As a companion to the booklet, the documentary-style video portrays the personal stories of PTSD patients, interwoven with professional guidance offered by experts from the Alliance member organizations.

The booklet and the video address risk factors for PTSD and its symptoms and provides information on treatment options and how family and friends of someone with PTSD can provide support and help in the recovery process. Both the booklet and video are available free of charge.

*PTSD Alliance, 2000. VHS Videotape and accompanying booklet.*  
[http://www.ptsdalliance.org/patients\\_res.html](http://www.ptsdalliance.org/patients_res.html)

## **Numbing the Pain**

**By Lisa Najavits, Francis Abueg and Pamela Brown**

Based on two clinical training videos and intended for patient education, this program explores the function of substance abuse in trauma survivors' lives and describes the challenges and benefits of therapy. Leading clinicians including Lisa Najavits, Francis Abueg, Pamela Brown, Bonnie Dansky, Terence Keane, and John Lovern describe the therapeutic approaches that are being developed for dual diagnosis and explore the special treatment issues it presents. Four survivors of child abuse and/or combat relate how trauma and substance abuse have affected their lives and how they have worked to overcome those effects.

*Sidran Press, VHS Videotape, 30 min.*

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## **PTSD in Children: Move in the Rhythm of the Child**

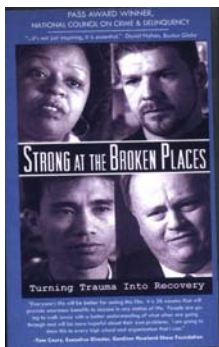
**By Gift From Within**

Notable trauma specialists explain the circumstances, symptoms and therapy techniques for PTSD in children and its relevance in our communities. Additional topics include: drawing and play, inner city psychopharmacology, grief and grieving, and clinician self-care. Although primarily intended for mental health professionals and school personnel, the information is vital for child protection, law enforcement, pediatrics, and foster care agencies, and anyone else working with children.

*Sidran Press, VHS Videotape, 58 min.*

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## **Strong at the Broken Places: Turning Trauma into Recovery**



An educational video about people, devastated by trauma and loss, who find common ground for their journeys to recovery.

A new film from the producers of "Defending Our Lives," "Strong at the Broken Places" is the story of vastly different lives; but the death camps of Cambodia, the violent streets of South Boston, the amputee ward of a V.A. hospital and the cell of an alcohol and drug addicted inmate yield remarkable survivors, all of whom heal themselves by helping others.

Their stories are both inspirational and instructional, helping to infuse the word "hero" with meaning for our daily lives.

Most of us have or will face serious trauma in our lives. As one of the film's subjects explains, "Sooner or later life breaks us all, but with courage, hope, and the support of people who care, many become strong at the broken places."

Whether it is the death of loved ones, family or personal illness, crime and tragedies

all take their toll on us. But by reaching out to others we can become "wounded healers," and in so doing find our way to recovery and meaning.

"Strong at the Broken Places: Turning Trauma to Recovery" shows how deep personal loss can be turned into a powerful tool for restoring hope and changing society. This documentary is indispensable to the work of:

- Mental Health Professionals
- Teachers and Youth Workers
- Corrections Officials
- Veterans Hospitals and Organizations
- Violence Prevention
- Community Organizers
- Substance Abuse Counselors
- Women's Shelter Counselors
- Disabilities Organizations
- Pastoral Caregivers
- Victims Groups

*Cambridge Documentary Films, VHS Videotape, 38 minutes*

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### **Trauma & Substance Abuse**

The schism between the trauma and substance abuse fields has meant that patients have been forced to bounce back and forth between treatment programs, and often are viewed as poor-prognosis. Now, however, model programs are being developed that seek to treat these problems in an integrated fashion, and early treatment outcome research findings are encouraging.

In this video series, leading clinicians and researchers including Lisa Najavits, Francis Abueg, Pamela Brown, Bonnie Dansky, Terence Keane and John Lovern describe the therapeutic approaches that are being developed, and explore the special treatment issues that this dual diagnosis presents. In addition, four survivors of child abuse and/or combat relate how trauma and substance abuse have impacted their lives, and how they have worked to overcome those effects.

- **Trauma and Substance Abuse I: Therapeutic Approaches**

This video discusses the incidence of substance abuse among trauma survivors, and the associated life problems they experience. Therapeutic principles for working with this population are outlined, and new treatment models are described.

*Calvacade Productions, VHS Videotape, 46 min.*

- **Trauma and Substance Abuse II: Special Treatment Issues**

Working with substance abusing trauma survivors presents particular challenges to the therapist. This program examines such issues as countertransference and codependency, crises and relapses, twelve-step programs and medications. The importance of clinical cross-training is emphasized.

*Cavalcade Productions, VHS Videotape 47 minutes*

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**Uncertain Borders I: Boundary Issues in Psychotherapy**

Historically, boundaries for psychotherapists were understood to mean refraining from sexual contact with clients. Over the past twenty years, the concept of boundaries has been expanded to encompass all aspects of the therapeutic relationship. In this video series, Glen Gabbard, MD and Thomas Gutheil, MD, along with Nanette Gartrell, MD, Richard Kluft, MD, Laurie Pearlman, PhD, and Anne Pratt, PhD, describe the many ways in which boundary issues may surface in a therapist's work, and outline strategies for the prevention of boundary violations.

**Boundary Issues** explores a wide range of topics, including the distinction between boundary crossings and boundary violations, self-disclosure by the therapist, time and place of therapy sessions, gifts and services, clothing and language, and physical contact. The particular boundary issues that arise in therapies with trauma survivors also are highlighted, and the need for consultation and supervision is stressed.

*Cavalcade Productions, VHS Videotape 47 minutes* \*\* One copy only housed at ECCPASA

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**Vicarious Traumatization**

**By Karen Saakvitne and Laurie Anne Pearlman**

Laurie Anne Pearlman and Karen Saakvitne describe the pervasive effects of vicarious traumatization, and seven clinicians specializing in trauma work relate their experiences in very human terms.

**The Cost of Empathy** differentiates VT from both burnout and countertransference; discusses factors that contribute to VT as well as its impact on therapists' personal and professional lives. Special issues for therapists who are also trauma survivors are explored.

**Transforming the Pain** presents ways to deal with VT professionally (education, balancing workload, setting limits, organizational help) and personally (recreational and creative activities, social activism, spiritual practices).

*Sidran Press, VHS Videotape, 46 minutes*\*\* One copy only housed at ECCPASA



<http://www.asapnys.org/PRC/PRC.html>



Funded by the NYS Practice Improvement Collaborative, in a grant from the Center on Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration